VANCOUVER metro®
NEWS WORTH SHARING.

Guilty plea in prominent child-porn case

Mother of victim wants publication ban lifted PAGE 6

U.S. launches strikes against ISIS in Syria

Airstrikes part of an expanded military campaign PAGE 6

FALL FOR THIS PORK TENDERLOIN

GET AUTUMNAL WITH THIS RUSTIC MEAL THAT CAN BE DONE ON THE GRILL OR IN THE OVEN PAGE 13

Sex offender charged with murder of Surrey teen

Serena Vermeersch. Raymond Caissie, 43, was thought by B.C. corrections branch to be a high risk to reoffend upon release

NEAL HALL
vancouver@metronews.ca

Serena Vermeersch, 17, was found murdered last week. Inset: On Monday, charges were laid against violent high-risk sex offender Raymond Caissie. FACEBOOK; INSET: RCMP/HANDOUT

A violent high-risk sex offender has been charged with the second-degree murder of a Surrey teenager who went missing a week ago.

When Raymond Caissie, 43, was released from prison last year, the B.C. corrections branch issued a public warning that Caissie was a high risk to reoffend.

At the time, Surrey Mayor Dianne Watts expressed her concern that the high-risk offender was living in Surrey.

"It seems to me they know he is going to reoffend. Why on earth would you let him free?" the mayor asked last year.

"It's sickening," Watts said Monday, adding it seems "the system has run amok" if it can't protect its citizens from harm.

Caissie was arrested in Vancouver early Saturday and was charged with the second-degree murder of Serena Vermeersch, 17, who disappeared while on her way home the night of Sept. 15.

Caissie has a history of sex assault with a weapon and was sentenced to 22 years in prison in 1991 for the violent sex assault and forcible confinement of an Abbotsford woman, who had been repeatedly raped and tied to a tree. He also robbed the woman, who was in her 20s and working alone.

He also has convictions for robbery, theft, break-and-enter theft over $1,000, and possession of stolen property.

Caissie breached his probation conditions last November. In January, he was sent back to jail for three months, then released again last spring. He was on probation when he was arrested.

At the time of the public warning about Caissie being released, corrections officials said Caissie's violent sex-crime pattern was "opportunistic and impulsive."

The girl's mother reported her missing; Serena's body was found the next evening by a search-and-rescue team in the 14600 block of 66th Avenue.

Surrey politicians have cited the murder as an example of crime getting out of hand in the growing city.

But Surrey RCMP Chief Supt. Bill Fordy said Surrey's crime rate is no different than that of other big cities. Serena's homicide underscores the need for Surrey residents to "be vigilant" when walking alone at night, he said.

"Nothing angers me more than seeing an innocent person become the victim of a violent and senseless crime," Fordy told reporters at a news conference Monday.

"As I stand here right now, Serena should be at Sullivan Heights Secondary school, having a laugh with her classmates and perhaps thinking of her graduation. Sadly, that is not the case," he said.

"Her death and these types of crimes galvanize our community and touch them in an incredible way," Fordy added.

The RCMP initially said it could not respond to reports that the man arrested over the weekend was a well-known sex offender, citing a court-imposed ban on publication of the name of the accused.

RCMP later announced the man could be named after he appeared in court and was remanded in custody.

"Every homicide is a tragedy," IHIT acting Supt. Dwayne McDonald said Monday.

"However, the loss of Serena at only 17 years old, in the prime of her life, marks her death as an even greater tragedy."

MID-SEASON SALE
UP TO 60% OFF!

Hurry in store to find amazing fashion from $5 for women, men, teens and kids.*

*OFFER APPLIES TO SELECTED MERCHANDISE FOR A LIMITED TIME AT H&M STORES IN CANADA. THE OFFER IS NOT VALID IN CONJUNCTION WITH ANY OTHER OFFER OR PREVIOUSLY PURCHASED MERCHANDISE. ITEM SHOWN IS NOT INCLUDED IN THE OFFER. AVAILABILITY MAY VARY BY STORE. VISIT HM.COM FOR A LIST OF STORE LOCATIONS. TERMS AND CONDITIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

H&M

FIVE THINGS YOU NEED TO KNOW TODAY

1
SPECIAL REPORT

Today, B.C.'s Privacy Commissioner Elizabeth Denham will release a report on the government's access to information process, examining timeliness of responses, fees and the number of requests that result in no records.

2
RIGHT TO SNACK

On Tuesday, the provincial court of B.C. will deliver a ruling on a legal challenge to the City of Vancouver's street vending prohibition. Four residents are challenging the constitutionality of the street vending bylaw.

3
GAP NOT CLOSING

A new report says the income gap is growing between young and old, with older workers now earning 64 per cent more after tax than younger workers, up from 47 per cent nearly three decades ago.

4
MOTHER OF AN ENDING

Still trying to figure out the pineapple mystery? The final season of How I Met Your Mother drops on DVD and Blu-ray Tuesday.

5
MORE SMALL-SCREEN KING

Stephen King's time-travel novel about the Kennedy assassination is being adapted as a miniseries. The series has King and J.J. Abrams as executive producers.

Archeologists search Haida Gwaii seabed for ancient man

Under the sea. UVic researchers believe they have found 13,000-year-old evidence

MATT KIELTYKA
matt.kieltyka@metronews.ca

A team of archeologists at the University of Victoria may be on the verge of discovering signs of ancient human life at the bottom of the ocean.

It's not Atlantis they're after, but possible 13,000-year-old settlements off the coast of Haida Gwaii that would have been lush grassland before the end of the last ice age, which caused sea levels to rise as much as 150 metres.

After an incredibly successful 10-day research trip that saw researchers use a $1.5-million Bluefin autonomous underwater vehicle (AUV) to survey 100 linear kilometres of ancient riverbeds, archeologist Quentin Mackie believes his team is on the verge of a historical breakthrough.

"We've known that sea levels were much lower toward the end of the ice age, so we decided to try to find archeological sites and evidence of people on the sea floor," explained Mackie. "I had this idea that if people were using fish traps and weirs along the river, we could target the area for those items."

While their findings have yet to be confirmed, high-resolution sonar scans taken by AUV "fly-bys" show signs of ancient stone weirs (used to direct the movement of fish) along the riverbed and possible signs of campsites, in the form of boulders being unnaturally moved to create clearings.

Alison Proctor, the UVic mechanical engineer operating the vehicle, said using an AUV equipped with sonar imaging technology is a rare luxury for archeologists, but one that delivers crystal-clear results that could revolutionize underwater research.

"AUVs aren't brand new but they're still on the cutting edge of research," she said. "They are prohibitively expensive for most applications and, with the small budgets for archeology, that kind of imaging just does not happen."

However, UVic was able to purchase the $1.5-million vehicle with grants from Western Economic Diversification Canada and the Canadian Foundation for Innovation.

University of Victoria researchers launch a $1.5 million Bluefin underwater vehicle in Juan Perez Sound, off the coast of Haida Gwaii, B.C., as they search for signs of ancient life on the ocean floor. COURTESY QUENTIN MACKIE

The research team on board the MV Gwaii Haanas II research vessel knew they were on to something as the first day's scans were downloaded.

"You could tell they were pretty excited about what they were finding," said Proctor.

Though Mackie cautioned the findings are preliminary and need to be verified, he is clearly exciting at what the discovery could mean.

"These are the Haida's ancestors, this is their homeland," he said. "It's one thing to know that people were there abstractly, it's another thing to find evidence of people using these places.

"I could be the first person to see their home in 13,000 years. It's very exciting."

Dead Chilliwack member found dead again

Vancouver-based band Chilliwack pose for a portrait in 1974. MICHAEL OCHS ARCHIVES/GETTY IMAGES

In a picturesque village in northern France, a place so safe residents don't lock their doors, a murder mystery unfolded last week involving a secret identity and a dead Canadian rocker.

According to foreign media reports, a neighbour found Glenn Miller — whom residents knew as a former member of the 1970s Canadian band Chilliwack — at his farmhouse last weekend, lying in a pool of blood with a bullet hole in his neck.

French prosecutor Eric Mathais told media that detectives aren't sure when he was killed and there was no sign of a struggle or break-in.

However, Glenn Miller couldn't have been murdered — he was already dead.

Chilliwack's real bassist died in March 2011, according to an obituary by Chilliwack singer Bill Henderson.

The fake "Miller" first came to the village of Plounévez-Lochrist around four years ago, when the farmhouse's former owner died. The newcomer was presented as his nephew and inherited the farmhouse, residents said.

He didn't speak French well but tried to chat with locals, said bar owner Jacques Goguer.

"He told me he was a musician in Ontario," said Goguer. "I know he's born in England because his sister told me the first time I met him."

Goguer says the previous owner's niece used to come visit her uncle. She lived in England and introduced the farmhouse's new owner as her brother Glenn.

A spokesperson for the U.K.'s Foreign and Commonwealth Office said they were "made aware of the death of a British national in France."

The office is not releasing the man's name and could not confirm media reports of impersonation.

TORSTAR NEWS SERVICE

38% increase in wages.

Metro Vancouver calls report on high municipal salaries 'disrespectful'

Lower Mainland municipalities are riled up over a report stating municipal employee salaries increased much faster than their provincial counterparts over the past decade.

Metro Vancouver, the organization representing 21 area municipalities, believes the Ernst & Young report, commissioned by the B.C. government and released last week, was prepared in a "profoundly disrespectful" manner, according to a statement released by its board of directors on Monday.

The consultants did not consult with local governments or reach out to them for information, according to the board, and the author admits at least 26 occasions where the data fell short.

And the timing of the report's release — it coincided with the Union of B.C. Municipalities conference in Whistler this week — seems fishy to the board considering the report was completed in February.

Metro Vancouver is particularly concerned over suggestions the province should legislate a common compensation structure across B.C. municipalities.

Going forward, it says it will help "educate" the province on how to better collect, interpret and report on compensation data. It will also hire an independent third-party to report back on the report.

The report found that municipal employees' wages rose 38 per cent from 2001 to 2012. During that time, core government employees got raises of 19 per cent. Inflation was 23 per cent.

The report also singled out the salary of Metro Vancouver's chief administration officer, who earns more than $300,000 annually.

EMILY JACKSON/METRO

Lululemon's Wilson chips off city with seaside mural

Chip Wilson commissioned a mural on the wall below his beachfront Kitsilano home, but the city required it to be painted over. It has since been hit with graffiti that reads, "The City of Vancouver: Consistently Opposing the Arts." REDDIT.COM: GRAPEFRUIT1

Oh, the irony. Chip Wilson commissioned an anti-tagging mural below his home, which the city says was done without a permit

Chip Wilson may be known for billion-dollar ideas, but apparently commissioning a mural without a city permit wasn't one of them.

The Lululemon founder had to paint over the mural he commissioned for the wall below his $54-million oceanfront home in Kitsilano after the city ruled this summer that the artwork wasn't up to snuff.

Wilson paid local graffiti artists to create the mural in October 2013 in an effort to stop inappropriate tagging and unwanted graffiti — an idea he and his wife Shannon picked up on Australia's Bondi Beach.

But the city began investigating the mural after a neighbour inquired whether the Wilsons received a permit for the artwork. They hadn't.

The city reviewed the mural and found it didn't meet city requirements for preventing graffiti, according to an unattributed statement from the city's communications department.

The city met with a representative from the property in late July to see whether Wilson could "bring the mural into compliance." Instead, he painted over the sections that didn't meet the city's standards.

The whitewashed wall beside the foreshore has since been tagged with the phrase, "The City of Vancouver: Consistently Opposing the Arts."

But there's still a chance the wall could get a makeover.

The city and Wilson are continuing the discussion about the possibility of a "city compliant mural" at the location, according to the city's statement.

EMILY JACKSON/METRO

ROYAL CANADIAN MINT MONNAIE ROYALE CANADIENNE

MONUMENTAL TREASURES ARE METICULOUSLY CARVED IN SILVER

Visit our **Royal Canadian Mint** Vancouver boutique to admire, in fine detail, the Pacific Northwest landscape as discovered by artist Emily Carr.

752 GRANVILLE STREET | VANCOUVER
604-681-6772 | 1-800-267-1871 | MINT.CA

2014 $20 FINE SILVER COIN—CELEBRATING EMILY CARR
$89.95 No GST/HST!*
Limited to 6,000 coins worldwide.

13 incidents

Alleged fake cop scam targeted tourists: Police

Three men are in custody for allegedly impersonating police officers and stealing money from tourists, according to Vancouver police.

Sgt. Randy Fincham said all of the incidents involved one Asian man approaching a group of tourists from Asia. Two Caucasian men would then approach the group, show fake police badges and demand to see the tourists' passports and wallets. The men would then take money from the wallets or scan the tourists' credit card information, Fincham said.

"This is definitely a new thing," Fincham said.

MATT KIELTYKA/METRO

Millions in savings

BC Ferries to run boats on LNG

BC Ferries wants to convert its two largest vessels to dual-fuel capability, allowing the ships to operate on either diesel or liquefied natural gas to save millions of dollars a year.

The agency says it's also aiming to have the hulls of the Spirit of Vancouver Island and the Spirit of British Columbia modified and has filed an application with the BC Ferries commissioner.

BC Ferries says the modifications would save about $9.2 million annually over the remaining 27-year life cycle of the two vessels.

Ferries president Mike Corrigan says LNG is 50 per cent cheaper than marine diesel. THE CANADIAN PRESS

Hexacopter

Drone aids orca researchers

There's new buzz among orca researchers off Canada's west coast, thanks to a bird's-eye view from a small six-rotor drone.

The hexacopter — which is about the size of a beach ball — was used by scientists from the Vancouver Aquarium and U.S. National Oceanic and Atmospheric Administration to fly 60 missions off northern Vancouver Island in August, taking more than 30,000 photos of the threatened northern resident orca population.

Researchers say the look from above revealed several previously undetectable pregnancies and some health issues among the whales, such as malnutrition.

THE CANADIAN PRESS

Get more with the BMO® Biz Starter for Small Business.

More value, more benefits and more support to get your business started*.

For details, visit your local branch or **bmo.com/bizstarter**

BMO Bank of Montreal

*Terms and conditions may apply.
®Registered trade-marks of Bank of Montreal.

CP, city at odds over Arbutus price tag

Valuation differences. Rail company wants 20 times what Vancouver has priced the land

EMILY JACKSON
emily.jackson@metronews.ca

No wonder CP Rail and the city can't make a deal over the Arbutus corridor.

CP values the 11-kilometre railway through Vancouver's west side at more than $400 million, quadruple the $100-million asking price previously reported, according to a letter by CEO E. Hunter Harrison published as a full-page advertisement in The Province on Monday.

That's 20 times higher than the city's $20-million valuation, based on the land's zoning as a transportation corridor.

In the absence of a settlement with the city, which Harrison blames on "internal city politics," CP plans to return the tracks to operating standards this fall.

CP's third-party appraisal is vastly higher as it considered the value of adjoining property, Harrison wrote.

Coun. Heather Deal said politics has nothing to do with CP's refusal to sell. Mayors from COPE, the NPA and Vision have all supported the land's zoning as a transportation corridor, a designation the B.C. Supreme Court validated in 2006, Deal noted.

Both the city and CP say they are willing to negotiate, but blame each other for not negotiating fairly.

CP hasn't run a train on the tracks since 2001, leaving room for community gardens to flourish on it. CP started clearing gardens at the south end of the tracks in August.

Quoted

"We won't be bullied into spending tens of millions...."

Coun. Heather Deal

CP Rail put out full-page ads stating it values the Arbutus corridor, seen here in this file photo from August, at $400 million. JENNIFER GAUTHIER/METRO

Man pleads guilty in high-profile Halifax child pornography case

'People should say her name.' Second charge of distributing child porn dropped; mother of victim wants mandatory publication ban lifted

The mother of a teenage girl victimized in a prominent child pornography case said she felt a measure of comfort Monday after one of the accused pleaded guilty, but she also believes her daughter's story is not getting the attention it deserves because of a statutory publication ban.

"I do feel some solace in that she just wanted to be validated," the mother said after one of two young men charged in the case in Halifax pleaded guilty to making child pornography. "She wanted … people to know that this actually happened to her instead of being blamed for … (it)."

But the mother said a mandatory publication ban, which prevents her now-deceased daughter from being identified, has effectively silenced her.

"The reason she came forward and she was brave and told her story is because she didn't want the silence," the mother said outside youth court. "She's no longer here, so I don't agree with it at all, and I do feel that people should say her name."

The Crown dropped a second charge of distributing child pornography against the accused, who is now 20 but cannot be named under the Youth Criminal Justice Act because the offence occurred when he was 17.

Bullied

The girl died after she was taken off life-support following a suicide attempt in the spring of 2013. Her family says she was bullied for months as a result of the photo.

Based on an agreed statement of facts read into the court record by Crown lawyer Alexander Smith, the teen girl, then 15, went to the accused's house where she, a friend and four male youths drank alcohol in the fall of 2011.

Smith said the accused took a photograph later that night, with his cellphone camera of one of the male youths having sex with the girl while she was vomiting. She was unaware that the picture was being taken and did not give consent to it, Smith said.

After the accused was arrested in the summer of 2013, he told police that he sent the photograph to the male youth who had sex with the girl the next day, Smith said. The accused is not alleged to have sent the photograph to anyone else, but the image was distributed to numerous people, most of whom attended the same high school the girl did.

The girl's case generated international headlines since last year. But in May, a judge upheld a publication ban under the Criminal Code that prohibits the identification of victims in child pornography cases. THE CANADIAN PRESS

'Full support'

UN member states endorse rights for all indigenous peoples of world

The United Nations General Assembly on Monday approved a document outlining the rights of indigenous peoples worldwide.

The Outcome Document was endorsed by consensus at the start of the first World Conference on Indigenous Peoples.

The gathering brought together more than 1,000 delegates from indigenous communities along with various heads of state and UN officials. Secretary-General Ban Ki-moon said indigenous people are "central to our discourse of human rights and global development" and have an important role in the push for a more sustainable use of natural resources. Ban said indigenous people have the "full support" of the UN.

He welcomed delegates with greetings in indigenous languages from Latin America, South Africa, New Zealand, Malaysia, North America, Norway and Sweden. THE ASSOCIATED PRESS

Polar bear protests at climate summit

A man dressed as a polar bear climbs a barricade as protesters take part in the Flood Wall Street demonstrations on Monday, preceding the United Nations' Climate Summit 2014: Catalyzing Action, in New York.

TIMOTHY A. CLARY/AFP/GETTY IMAGES

Syria. U.S. launches airstrikes against ISIS

The U.S. and partner nations began launching airstrikes against Islamic State of Iraq and al-Sham (ISIS) targets in Syria for the first time Monday night, expanding a military campaign against the militants with a mix of fighter jets, bombers and Tomahawk cruise missiles fired from ships in the region.

The strikes were part of the expanded military campaign that President Barack Obama authorized nearly two weeks ago in order to disrupt and destroy the ISIS militants, who have slaughtered thousands of people, beheaded Westerners, including two American journalists, and captured a large swath of territory stretching from within Syria to land across northern and western Iraq.

Because the military operation was ongoing, no details could be provided yet, said Rear Adm. John Kirby, the Pentagon's press secretary. He said the decision to strike was made earlier Monday by the military. He did not name the partner nations participating in the operation; however U.S. officials have said the U.S. would not launch this mission alone and some Arab nations had been expected to participate.

Some of the airstrikes were against ISIS targets in Raqqa. Military officials have said the U.S. would target militants' command and control centres, re-supply facilities, training camps and other key logistical sites.

THE ASSOCIATED PRESS

Canadian security

PM vows to resist ISIS threat

Stephen Harper says Canada is looking at what else it can do to monitor and take action against organizations and individuals who pose a threat to Canadians.

The prime minister made the remarks after the Islamic State of Iraq and al-Sham (ISIS) issued a new threat against western countries including Canada, the U.S. and Europe.

THE CANADIAN PRESS

Lose your debt, not your dignity

We offer financial and credit counselling, free debt consultation or ask us how a consumer proposal can help reduce your debt. We're here to help you find a solution.

604 310 8888 GTdebt.ca

Sandra Soroka
Senior Manager
E Sandra.Soroka@ca.gt.com

Blake Elyea, CPA, CGA, CIRP
Proposal Administrator, Trustee
E Blake.Elyea@ca.gt.com

FREE, no obligation consultations, in person or over the phone, we're here.

Grant Thornton
Proposal Administrators & Trustees in Bankruptcy

Grant Thornton Limited. A Canadian Member of Grant Thornton International Ltd.

Save the Earth with a printer?

Going green.
A Waterloo, Ont., business promoting its 3D printer in NYC argues the product can be good for the environment

Andrew Finkle and Charles Mire, the co-founders of Canadian startup Structur3D, show off the 3D printer adapter they used to create a New York Yankees logo out of Nutella at the Maker Faire festival in Queens, N.Y., on Sept. 21. THE CANADIAN PRESS

While hundreds of thousands of people marched against climate change in New York City, across town, two young Canadian entrepreneurs displayed an invention they hope might put a little dent in the global carbon footprint.

The business partners from Waterloo, Ont., took home a couple of the judges' ribbons at a technology fair Sunday afternoon, as they showed off an adapter that allows home-style 3D printers to work with additional materials.

Hooked up to one of these syringe-like contraptions, they say, a home unit is no longer confined to just printing plastic. Suddenly, a high-tech do-it-yourselfer's repertoire might include ceramic, wood filler, clay, hydrogels — pretty much any viscous substance that can be squeezed through a little tube, at room temperature.

"Are you 3D-printing Nutella?!" one woman burst out as she arrived at the display stand for Structur3D.

Yes, in fact, they were.

Playing to the local crowd, they had even set up a 3D printer to draw a chocolatey replica of a New York Yankees logo.

Mire made the point that his $379 gizmo also has serious applications, beyond Nutella spreads. One of those happens to be environmental — a buy-local movement, if you will, narrowed down to your own house. "It's one less trip (people) have to make to the store. It's one less thing they have to order off of the Internet," Mire said. "They can use locally sourced materials or make things in their own homes. In a way, it really could reduce carbon footprints on a cumulative level.... So it's just a small contribution, on a very large problem." THE CANADIAN PRESS

General Motors

Death toll due to faulty ignition switches rises

The death toll from crashes involving General Motors small cars with faulty ignition switches is at least 21.

For months, the company said at least 13 people died in crashes linked to the faulty switches, but GM acknowledged that the death toll would go higher. Some lawmakers have estimated that it's close to 100.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.65¢ (-0.70¢)

TSX
15,129.00 (-136.35)

OIL
$90.87 US (-$0.78)

GOLD
$1,217.90 US (+ $1.30)

Natural gas: $3.85 US (-$0.01)
Dow Jones: 17,172.68 (-107.06)

There is no cure. Prevention is the only way to save lives. Your help is urgently needed to stop the spread of this highly contagious disease.

Your donation will help provide life-saving, disease-containment programs, large-scale, public-health promotions and direct support for affected families.

HUMANITARIAN COALITION
Together saving more lives

The cost of this ad has been generously donated by: metro

CRISIS ALERT:
Donate online at together.ca
or call 1-800-464-9154

CANADIAN PACIFIC RAILWAY
CONDUCTORS PORT COQUITLAM
REQUISITION # 34526

Tired of the same old thing?

At Canadian Pacific you can be part of something historic. You have a chance to make a difference, to see Canada, and build a future.

Canadian Pacific is one of Canada's most iconic companies. We move the goods that keep the world turning, and we're on our way to doing it better than anyone else. To get there, CP is looking for some adaptable, hard-working, safety-conscious, and results-driven people to join our force of conductors.

You don't need:
Railroading experience
Connections

You do need:
Great Attitude
Willingness to learn
To work in and around Port Coquitlam

Competition closes on September 30, 2014

For additional information on Canadian Pacific and this career opportunity, visit us online at www.cpr.ca.

Only those candidates contacted will be considered. All communication will be directed to the email address you use on your online application form.

The journey has begun but is far from over.

FASHIONABLE PEOPLE WEARING QUESTIONABLE THINGS

SHE SAYS

Jessica Napier
metronews.ca

I would never say that I was bullied in high school, but I do have a vivid memory of one particular Mean Girl moment. I must have been about 13 or 14 when a classmate cornered me at my locker, looked my body up and down and asked: Why do you dress like that?

I think she was referring to my attempt at early 2000s European street style; a look that didn't exactly translate at my suburban Canadian high school. But despite her harsh disapproving attitude I have to admit it was an interesting question. Why did I choose to dress like that? Why do any of us buy and wear certain types of clothing, and why do other people care?

The question of why we wear what we do is the subject of a new book edited by Toronto author Sheila Heti in collaboration with Leanne Shapton, Heidi Julavits and Mary Mann. Women in Clothes includes contributions from 639 women — writers, fashion industry insiders, famous types and normal people — exploring our emotional attachment to clothing. The book features a diverse array of perspectives that were crowd-sourced through personal interviews and an online style survey.

I'm sure some people would dismiss such a compilation as superficial frippery — who really needs to read 500-plus pages on getting dressed? But I think there's great value in understanding how women from all walks of life present themselves to the world through their clothes.

Magazine editors like to write about "statement pieces," but every piece of clothing we own sends a message, even if it's understated. Clothes tell a story about who we are and how our personalities, lifestyles and bodies change over time.

Wardrobes are tangible scrapbooks filled with mundane and momentous items: bathing suits, pyjama pants, pencil skirts, Bridal gowns, maternity dresses, underwear and so much more.

And then there are the clothes that got away: the expensive pair of high heels you just couldn't justify buying, the earring that fell down the drain never to be seen again, or the one-of-a-kind leather jacket you accidentally abandoned in a restaurant coat check. I don't follow fashion week runway shows or trend reports, but I do love clothes. I am always curious about the changing shapes, cuts, colours and varieties. Most of all, I'm inspired by the ways in which other women choose to wear their clothes, from the professionally chic fashion blogger in my Instagram feed to the stylish woman waiting for bus alongside me in the morning.

I'm happy to look back at those cringe-worthy photographs in my high school yearbook because I'd rather be occasionally embarrassed than always play it safe in basics.

Why not take an experimental approach to dressing and try on different styles and trends? Saying "I can't pull it off," is the most absurd sartorial statement anyone can make. Of course you can pull it off — all you have to do is put it on.

When it comes to answering the question of why we dress the way we do, there's no singular answer. Style is determined by a number of personal and cultural reasons. Clothes are functional, but they can also be fun and experimental and yes, sometimes a big mistake.

Insert David Bowie song title reference here

In this artist concept provided by NASA, the Maven spacecraft approaches Mars on a mission to study its upper atmosphere. Late Sunday night, Maven entered orbit around Mars for an unprecedented study of the red planet's atmosphere. NASA HANDOUT/THE ASSOCIATED PRESS

NASA's Maven looks for clues to life, on Mars

NASA's Maven spacecraft entered orbit around Mars for an unprecedented study of the red planet's atmosphere, following a 710-million-kilometre journey that began nearly a year ago.

The robotic explorer successfully slipped into orbit around the red planet late Sunday night. Scientists believe the Martian atmosphere holds clues as to how Earth's neighbour went from being warm and wet, billions of years ago, to cold and dry. That early wet world may have harboured microbial life, a tantalizing question yet to be answered.

THE ASSOCIATED PRESS

1 Martian year = 2 Earth years

Maven — short for Mars Atmosphere and Volatile Evolution Mission — will spend at least one Earth year collecting data.

- The craft is as long as a school bus, from solar wingtip to tip, and as hefty as an SUV.

Woohoo!

"I think my heart's about ready to start again.... All I can say at this point is, 'We're in orbit at Mars, guys!'"

Bruce Jakosky, Maven's chief investigator

MetroTube

Meanwhile, in Russia ...

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's been a while since we've had a good "Meanwhile, In Russia" presentation, so it's perhaps timely that the all-seeing eyes hovering over the country's roadways have checked in with this lucky cyclist, who walked away from the most terrifying bike crash you're likely to see. (Palvinder Kaur/YouTube)

GETTY IMAGES FILE

Twitter

@metropicks asked: "F* it, I quit." A woman in Alaska left her reporting position on air using profanity. What kind of exit would you make to leave a lasting mark?**

@AllisonThiessen: my brother baked a cake with "I quit" on it to end a job on a sweeter note.

@BrittanyJoyce22: I once quit by telling my boss is was time for me to get "A real job" I meant to say "A job in my field" #Oops

@WTarcisio: I always leave doors open in the job. Life is not a Jim Carrey movie

Join the conversation @metropicks

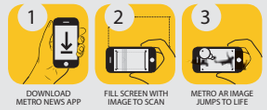
metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 9 in Scene.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



metro

Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

DVD review

Neighbors

Director. Nicholas Stoller

Stars. Seth Rogen, Zac Efron, Rose Byrne

This bumpy comedy by Nicholas Stoller (Forgetting Sarah Marshall) finds mirth in how we're all just one life change away from curmudgeonhood. One minute you're smoking grass, the next you're screaming at "kids" to get off your lawn.

Seth Rogen and Rose Byrne, both in their early 30s, play the "old couple next door" to a group of wild frat boys led by Zac Efron, age 26.

Rogen's Mac and Byrne's Kelly are one-time ravers who are now parents of an adorable baby girl. All they want, as any parent would, is a little peace and quiet so their darling can sleep blissfully at night.

But that's not happening now that the local college frat boys of Delta Psi have moved next door. Cue mayhem as diaper changers and toga wearers collide. Hose off, repeat for occasional laughs. **PETER HOWELL**

Television

Colin Farrell joins True Detective

After months of rumours, actor Colin Farrell has finally confirmed his involvement in the second season of HBO's crime series True Detective. Farrell will share the billing with three other actors whose names have yet to be revealed.

In an interview with the Sunday World, Farrell confirmed his participation in Season 2 before sharing a few details on the project: "I know it will be eight episodes and take around four or five months to shoot. I know very little about it, but we're shooting in the environs of Los Angeles which is great. It means I get to stay at home and see the kids."

Taylor Kitsch, Elisabeth Moss and more recently Rachel McAdams are among those rumored to be in line for the additional lead roles. **AFP**

S.H.I.E.L.D. actor relishes Grant scheme of things

metro AR Scan this photo with your Metro News app to check out a video recap of Season 1 of Agents of S.H.I.E.L.D. before you start watching Season 2.
CONTRIBUTED

Agents of S.H.I.E.L.D.

Brett Dalton's OK with hate-on fans have for turncoat character he plays in show they love

RICHARD CROUSE
scene@metronews.ca

Brett Dalton knows he's the gent Agents of S.H.I.E.L.D. fans love to hate. "I get boos," he says.

As Agent Grant Ward he spent most of the show's first season as a gruff but good guy. Then in a late season development, it was revealed that he was actually a spy working for HYDRA, a criminal organization dedicated to global domination.

"I get some, 'I trusted you!' 'I feel betrayed.' 'My mother still believes in you!' I get the whole gamut. It's kind of all over the place for me. For the other actors it's more like, 'Oh my gosh, I love you on the show.' For me it's more like, 'I love-hate you.' I get a little of both.

"I think Ward is a character they love to hate. It's not boo against Brett Dalton, it's boo against the character."

The actor, who holds a masters degree from the Yale School of Drama, had no idea there were big changes in store for Agent Ward.

"I'm glad they didn't tell me," he says, "because I really would have tipped my hand. They told me the episode before and there were a couple of shoot days left and even in those shoot days it kind of did me in mentally because I was thinking, 'Am I listening like a spy? Am I giving too much away?' All I was doing was listening in the scene. Standing and listening. But the way in which I was listening, I wasn't so sure about."

The fan reaction to his character's double cross was swift.

"In the beginning some of the tweets were like, 'I want to punch @iambrettdalton in the face.' They didn't say Grant Ward, they tagged me and said they wanted to punch me in the face. I thought they could have just typed in Grant Ward."

As the show goes into its second season Dalton tips his hat to the fans. Without them the show wouldn't exist, literally.

When Agent Coulson, played by Clark Gregg, was killed by Loki in The Avengers movie it triggered a worldwide Coulson Lives crusade that inspired Marvel to create the show.

"The whole Coulson Lives campaign was started by the fans," he says, "and became this really fun, underground stencil that was seen around the world. Then Marvel got wind of it and decided to make a whole TV show around Coulson putting together a ragtag group of people trying to save the world each week.

"The show exists because of the fans. And that's the reason we have Season 2 as well, because we have such amazing fans who tune in each week and follow everything and are so eager about the whole thing. They're why we do what we do."

Boo who?

"I think Ward is a character they love to hate. It's not boo against Brett Dalton, it's boo against the character."

Brett Dalton on fan reaction to his character Grant Ward's double cross on Agents of S.H.I.E.L.D.

SCENE

Katherine Heigl ALL PHOTOS GETTY IMAGES

Heigl tours world of war without leaving the studio

Maybe sometimes we're too fast to jump all over Katherine Heigl anytime she does, well, anything.

For instance, when Heigl posted a photo of herself and co-star Chris McKenna from the set of her new series, State of Affairs, with the caption "Santa Clarita played part of Kabul, Afghanistan today," several critics were quick to point out she was standing in front of posters from Iraq.

Well, Heigl wants you to back the hell off, OK?

"Our secret is out!" she says in a statement. "The sets we use on State of Affairs represent many different countries around the world. We were actually shooting scenes in 'Kabul,' but for the selfie had wandered into 'Iraq' by simply crossing the street. Movie magic, people!"

Mad Men pillow talk is secure, Hamm vows

While the rest of us have to wait until next year to find out how Mad Men ends, there is at least one person not working on the show who knows what happens: Jon Hamm's longtime girlfriend, Jennifer Westfeldt.

But don't expect her to spill anytime soon.

"Oh, she knows. I tell her everything," Hamm tells Us Weekly. "I tell her everything and she definitely knows. She won't tell anyone."

Perhaps series creator Matthew Weiner stands outside their window every night just to make sure.

Jon Hamm

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Taking a stand for all muggle women around the world

NED EHRBAR
Metro in Hollywood

Ladies and gentlemen, Emma Watson is your new feminist icon.

The Harry Potter star and UN Goodwill Ambassador gave an impassioned speech at the United Nations headquarters this weekend to launch the HeForShe campaign, looking to help turn men into advocates as well.

"I decided that I was a feminist. This seemed uncomplicated to me. But my recent research has shown me that feminism has become an unpopular word. Women are choosing not to identify as feminists. Apparently, (women's expression is) seen as too strong, too aggressive, anti-men, unattractive," Watson said during her speech.

"Why has the word become such an unpopular one? I think it is right I am paid the same as my male counterparts. I think it is right that I should make decisions about my own body. I think it is right that women be involved on my behalf in the policies and decisions that affect my life. I think it is right that, socially, I am afforded the same respect as men."

I have no joke here but just wanted to point out that Watson is awesome. Although I was a little distracted by the presence of her ludicrously attractive brother seated behind her.

Paparazzi pump ego for 'declining' Stone

Sharon Stone is getting some bad buzz from the Italian filmmaking duo Pupi and Antonio Avati, with whom she worked on the upcoming Golden Boy.

The Avati brothers recounted some diva-ish behaviour on Stone's part, brought on by the presence of paparazzi, according to the Hollywood Reporter.

"We brought her to the most luxurious suite of the Hassler Hotel. The next day on set, there were more than 200 paparazzi. There, her ego definitively inflated. It is the classic pattern with these American actresses who are slightly declining."

Ouch.

Sharon Stone

ENTER AND YOU COULD
WIN*
FREE FUEL
FOR BACK TO SCHOOL
AT INSTALOANS.CA/FREEF
AND VISIT US IN-BRANCH FOR YOUR CHANCE TO
WIN YOUR LAST FILL-UP
instaloans
*NO PURCHASE NECESSARY. Transaction not required to participate in the Contest. Contest ends 9/30/14.
For complete contest rules ask at any branch or visit www.instaloans.ca. BC Licence #: 50040 Alberta Licence #: 333012

VCC.CA
Go ahead. Get skilled.

A breath of awareness

Idiopathic pulmonary fibrosis. Rose McGowan got involved in the fight against the deadly disease after her father passed away

IZABELA SZYDLO
life@metronews.ca

Actress Rose McGowan holds a photo of her and her father, who died of IPF. CONTRIBUTED

For the last 22 years, actress Rose McGowan has entertained us on the silver and small screens. But playing Tatum in Scream or Paige on Charmed wouldn't compare in difficulty to the role she played when her father was diagnosed with idiopathic pulmonary fibrosis (IPF).

"It was definitely my realest role," says McGowan of being her father's caretaker during his fight with the fatal lung disease, which causes scarring that makes it increasingly difficult to breathe. "Breathing is so fundamental. So to have it bring you closer to dying every time you do it is horrifying."

After her father's death five years ago, McGowan became involved with the Coalition for Pulmonary Fibrosis and Daughters of Pulmonary Fibrosis in the U.S. She recently teamed up with the Canadian Pulmonary Fibrosis Foundation (CPFF) for its IPF Awareness Month, which McGowan says is a feat in itself.

"When I became involved, there was hardly a website," she says. "So, to designate September as IPF Awareness Month is huge. I think people are asking what it is a lot more. There are so many causes people can pay attention to but this one is really important, especially since it is crossing age lines."

Though about 15,000 Canadians are diagnosed and 5,000 die of IPF every year, little is known about the disease, including its origins. And while it generally hits those who are 50 or older, in 2011, Helene Campbell, a 20-year-old Canadian, was diagnosed. Like many sufferers, Campbell, who appeared on Ellen after her organ-donor video went viral, was misdiagnosed with asthma. Other misdiagnoses include pneumonia or heart failure.

"It is common to be misdiagnosed because all the complaints sound like different things." Symptoms include blue lips, dry cough, difficulty getting a full breath and uneasiness. "I had never heard of it and neither had my dad; that's why it was such a shock. I went with him to the pulmonologist after he was misdiagnosed for about nine months and the doctor just shook his hand and said, 'I'm so sorry.'"

As part of its efforts, CPFF launched a social media campaign called Kiss IPF Goodbye. For every share of the organization's videos and/or use of the hashtag #KissIPFGoodbye on Facebook, Twitter or Instagram, pharmaceutical company Boehringer Ingelheim will donate $5 for research.

Aside from educating the public, McGowan spends time with IPF patients and their caretakers. Having watched her father go from a "bear of a man who hiked trails everyday, was super active and a vegetarian" to being unable to walk up one stair caused a lot of confusion and frustration, she says.

"It was horrible seeing him go through it and it's so awkward because I look back and there's all these things I should have asked and said," she says. "I would say to anyone who has a sick loved one, just talk. There are also support groups for both patients and caretakers because it is exhausting."

McGowan is realistic about her expectations for short-term IPF research and says she hopes to see a treatment developed to slow the progress of the disease.

"To help people live better lives while they are here is really my goal," she says. "It's one of those things where people are like, 'I want to lend my voice and support' but for me, it's like, 'I want to lend some reality.' This is real and it's scary and it hurts. I want that to stop."

Common vaccine myths and a dose of reality

EVA KIS
Metro in New York City

There are many misunderstandings surrounding vaccines. ISTOCK

Dr. Paul Offit of the Children's Hospital of Philadelphia, who helped invent the vaccine against rotavirus, grew up in the '50s and '60s before the development of vaccines and suffered through "all the childhood diseases."

"But my children, who are 22 and 19, not only don't see these diseases, they didn't grow up with these diseases," he says.

Offit dispels some myths.

Vaccines and autism are linked

Offit calls this a "cautionary tale" of what can happen when people are desperate for answers. It began with a British researcher who published a biased, flawed study in 1998. Since then, tens of millions of dollars have been spent on research to disprove it. The program notes that new autism studies point to brain abnormalities detectable in the womb — meaning the disorder is genetic.

Mercury in preservatives poses a hazard

Thymerosal is no longer used in the typical vaccines given to kids, Offit says, with the exception of some multidose flu vaccines. The mercury in thymerosal is not the same as environmental mercury. "The most dangerous aspect of getting vaccines is driving to the office to get them."

Healthy people won't benefit

Viruses don't care how many fruits and vegetables you eat. Your body won't know how to defend itself unless it has come into contact with the specific virus before. The only way to build immunity is to get vaccinated or become infected. "So you'd prefer it to see that virus in a controlled, benign way with vaccination, rather than in an uncontrolled way."

A few people opting out won't matter

For highly infectious diseases such as measles, 95 per cent of a community must be vaccinated. If the rate drops below that threshold, the "herd immunity" that protects those with the weakest immune systems is lost. Though measles was considered eradicated in the U.S., all it takes is an unvaccinated person being infected in a foreign country to bring it back.

HPV vaccine makes teens promiscuous

"This doesn't make sense on its surface," Offit says, likening it to "the notion that if you get a tetanus vaccine, you now feel you can run across a bed of rusty nails." A study of more than 1,200 girls found that it doesn't increase risky sexual behaviour. What it does do is offer protection from the most common types of HPV.

For your phone

Sleepio (iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This six-week course by Oxford University Prof. Colin Espie offers a sleep diary and lessons in cognitive behavioural therapy to improve your night's rest. Long-term use requires an expensive subscription.

How dangerous is that sunspot?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In each issue of Best Health, we include articles about the science of beauty, including skin care. Here, freelancer Anne Mullens took a look at how to eliminate the cumulative effects of aging.

What kind of spot is it? Some dark or coloured spots — in medical terms, pigmented lesions or hyperpigmentation — are harmless. Others, however, can be disfiguring or deadly, particularly non-melanoma skin cancers (whether basal or squamous cell cancers), which strike 76,100 Canadians and kill 440 each year; and melanoma, which strikes some 6,000 Canadians and takes 1,000 lives each year. Before removing a spot, a dermatologist should assess it to discern benign spots from potential cancers.

"I have at least one patient a week come in for what they think is a cosmetic removal and it turns out to be cancer," says Dr. Mark Lupin, a dermatologist in Victoria.

And the wrong treatment "could delay a cancer diagnosis, with potentially disastrous results," cautions Dr. Jean-François Tremblay, a Montreal dermatologist.

Two types of harmless brown lesions are common for cosmetic removal. The first type is solar lentigines, a.k.a. "age spots," "sunspots" or "liver spots"; these are collections of cells containing higher than normal concentrations of melanin. They are flat; beige, brown or black; and up to about two centimetres in diameter. The second type is seborrheic keratoses, a.k.a. "brown warts" or "senile warts"; these are raised, usually brown (though sometimes white or black) and waxy, looking stuck on. Sometimes the two types can be combined in one spot.

What are the options for removal? Creams are one option. Many cosmetic companies offer "fade creams", which usually contain a bleaching agent, retinol, or botanical agents such as soy. They are intended to fade spots and lighten overall skin tone. They work for some people, but to varying degrees.

While some spots are harmless, others can be deadly. ISTOCK

Another option is liquid nitrogen, which can freeze off lentigines and keratosis, creating a shallow scab that eventually falls off. It's a doctor's office procedure that usually costs under $80.

There are also lasers, and IPS or BBL (two different terms for the same type of laser therapy). Cost for these options start at $175 for one spot. Talk to your doctor or dermatologist about what is best for you.

FOR MORE HEALTHY LIVING IDEAS, FROM FITNESS TO FASHION TO FOOD, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.

CELEX Laboratories Inc
Future to Better Health

C-Açai
Mega Antioxidant!

Get Celex products at following locations:

AEM's Salmon & Gift	Richmond	Medicine Shoppe Compounding Pharmacy	Richmond
Alberto Pharmacy	Vancouver	Medicure Pharmacy	Vancouver
Alive Sports Injury Treatment Centre	Vancouver	Medisave Pharmacy	Surrey
Anderson's Natural Pharmacy	North Vancouver	Minoru Pharmacy	Richmond
Anita's Pharmacy	Burnaby	Nanaimo Pharmacy	Vancouver
Bains Pharmacy	Delta	Nature's Best Natural Foods	Vancouver
Best Choice	Burnaby	New Triple A Market	Vancouver
Bonsor Pharmacy	Burnaby	P & A Pharmacy	Vancouver
Budget Food	Delta	Park Pacific Pharmacy	Richmond
Canada Sage Enterprises Inc.	Richmond	Pharmasave	North Vancouver
Central Lonsdale Pharmacy	North Vancouver	Queensborough Community Pharmacy	New Westminster
Consumers Nutrition Center Ltd.	Richmond	Remedy's Rx Pharmacy	Burnaby
For Real Foodmart	Richmond	Richport Pharmacy	Richmond
Fresh & More Market	Surrey	Roots Pharmacy	Vancouver
Garlane Pharmacy	Vancouver	Rx Save Pharmacy	Burnaby
Green Leaf Organic Health	Vancouver	Shop For You	Vancouver
Kwantlen Pharmacy	Surrey	Steveston Pharmacy Ltd.	Richmond
L&C Pharmacy and Nutrition House	Richmond	Surrey Natural Foods	Surrey
Lotte Shopping Centre	Vancouver	Your Vitamin Store	Vancouver
Low Cost Western Pharmacy	Vancouver	Tung Yun Tong Herbal Co. Ltd.	Richmond
Medicare Pharmacy	Richmond	Valley Green Pharmacy Ltd	Langley
		Vancouver Pharmacy	Burnaby
		Your Vitamin Store	Richmond

GENERAL ENQUIRY NUMBER: 604.231.6077

Exercise. Fitness boosts brainpower

Research is pointing firmly to sitting as the new smoking.

While most people know exercise can curb obesity, heart disease and even certain types of cancer, it also has immediate effects on brainpower. "Physical exercise turns our brain on," says John Ratey, a psychiatry professor at Harvard University.

In today's gym-crazy world, a jog around the block no longer seems adequate. But that's not so. Ratey, wants to take the focus off people's choice of activity. You don't have to push yourself to the limit to gain the benefits of exercise, he says.

Enjoy a lifetime of learning
Getting your body moving will improve your ability to retain and manipulate information. "Doing exercise promotes improvement overall in our capacity to learn," Ratey says. "It really improves the brain's ability to be [adaptable]. The only way we learn anything is to have ourselves grow at the nerve cell level, so exercise is the best promoter of that."

Become a morning person
A trot to the office might just be what's needed to prevent that morning meeting sluggishness. In a study, researchers from Stanford University found that even a 10-minute walk stimulates creativity inside the brain.

Stay at the top of your game
Being active is vital to preventing the onset of cognitive decline that causes dementia and Alzheimer's.

Runner's high is real
There's the feel-good factor: Neurotransmitters serotonin (pleasure), noradrenaline (concentration) and dopamine (alertness) are released. **EDWARD THOMPSON, METRO IN NEW YORK**

Canna Clinic
Medicinal Society / Cannabis Dispensary
Are you Eligible?

1132 Granville Street
604-685-0401
7 days a week: 10am to 10pm
(Friday to Saturday: "Open Late")

2223 Commercial Drive
604-558-2454
7 days a week: 10am to 10pm

www.mycannaclinic.com

Tonight's pork dinner deserves a little tenderloin and care

Health Solutions

Lean and tender; what else could you ask for?

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Loin is your secret password. It is and always will be the leanest cut of meat, despite your choice of animal.

Beef tenderloin, lamb loin, or pork tenderloin always come from beneath the ribs next to the backbone where fat rarely accumulates. Since it is an underused muscle it always stays tender.

Here are some tips for cooking it:

• Use a meat thermometer and don't cook past 140 F (even the pork!). It may still be a little pink.

• Season the loin well and roast at a high temperature (425 F) for a quick weeknight meal.

• It goes well with Asian flavours, Indian spices, or Mediterranean or Caribbean seasonings.

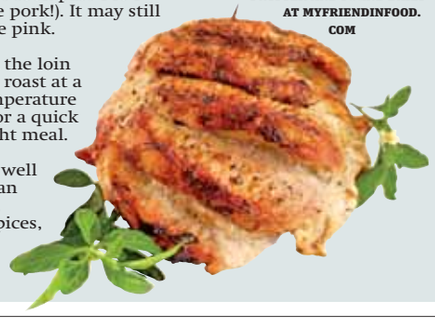
• Serve loin with something sweet like chutney or fruit compote.

• Bake a couple extra and use throughout the week. They're great in sandwiches, salads and stir frys.

• Some wrap it in bacon to add flavour and keep the meat extra moist.

Always allow tenderloin to rest before slicing. Five to eight minutes tented with foil should do it. The juices can run out if it's cut while still too hot and your meat may end up stringy. And no one but Tarzan wants string on their loin.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves six. THERESA ALBERT

Spiced Pork Tenderloin.

Welcome autumn with this rustic dish that can be made on the grill or in the oven

THERESA ALBERT
myfriendinfood.com

With sweet spices like clove, combined with savoury spices like garlic and thyme, this tenderloin is flavourful but lean. It goes very will with fresh peaches, pears or apples on a simple salad for a low-carb or paleo dinner.

1. In a bowl combine all ingredients and add pork, turning to coat. Marinate in large freezer bag in fridge up to 24 hours or on counter for 10.

2. Place pork on greased grill over medium high heat and close lid. Cook 6 minutes, turn, cook 6 more minutes and turn again. Cook with lid down, except when turning. Alternatively, it can be cooked in oven at 450 F for 30-40 minutes until internal temp reaches 160 F.

3. Let stand for 5 minutes before cutting.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 2 tsp grapeseed oil
- 4 cloves garlic, minced
- 2 tbsp fresh thyme, chopped (or 1 tbsp dried)
- 1 tbsp paprika
- 2 tsp ground clove
- 1 tsp ground cumin
- 2 tsp pepper
- 1/2 tsp salt
- 2 pork tenderloin (12-16 oz each)

FIND A JOB THAT MATCHES YOU, AND YOUR OUTFIT.

Metropolis Job Fair September 28th from 10am to 6pm at Grand and Atrium Court

METROPOLIS at metrotown

FIND WHAT YOU LOVE

VCC.CA
Attend an info session.
VCC.CA/infosessions
to learn more.

metro
LEARNING CURVE
Tuesday, September 23, 2014

Dedicated to helping others

Honour. Surrey Memorial Hospital Foundation CEO recognized by Kwantlen Polytechnic

DANIEL HENDRIKSEN
For Metro

Jane Adams has been with the Surrey Memorial Hospital Foundation since 2007 and has led the way in a variety of successful fundraising campaigns. CONTRIBUTED

Jane Adams has dedicated her life to helping others, and thanks to her kindness and compassion, the president and CEO of the Surrey Memorial Hospital Foundation (SMHF) is being honoured by Kwantlen Polytechnic University (KPU) with an honorary degree.

Adams was only four years old when she first started trying to raise money to help rescue homeless and orphaned animals. At such a young age, she wasn't very successful, but she never gave up. Since then she has been an integral part of countless fundraising and charity initiatives.

Adams has been with the SMHF since 2007 and has led the way in a variety of successful hospital fundraising campaigns such as the SMHF Tulips for Tomorrow campaign, which raised $15 million for the hospital's new emergency centre. She was also a driving force in the 100 Days to Give campaign, which generated $10 million for the Jim Pattison Outpatient Care and Surgery Centre.

"We all have gifts that benefit and advance society," Adams said in a press release. "I can't hold the scalpel like a surgeon can, but I can find people who can find people who know how to put people into faster care, more effective care and more innovative care."

"Jane touches lives every day," said Dr. Alan Davis, KPU president and vice-chancellor. "When people receive high-quality care at Surrey Memorial Hospital, St. Paul's Hospital or a number of other publicly funded health facilities, there is a significant likelihood that Jane had something big to do with it."

Before her time with the SMHF, Adams served as executive director of the St. Paul's Hospital Foundation (SPHF) for nine years. While she was at the helm, the foundation's receipted revenue grew to $10 million from $2 million. During her time with the SPHF, Adams developed the annual Lights of Hope campaign, which raises about $2.3 million annually.

Adams will receive her honorary degree at KPU's fall convocation in early October.

UBC. President vows to increase funding for research

Though he hasn't held the role long, new University of British Columbia (UBC) president Arvind Gupta is already starting his legacy with the post-secondary institution. Earlier this month, at his formal academic installation ceremony, Gupta vowed to increase funding for research excellence by $100 million during his time as school president.

"Excellence in research is what distinguishes great institutions from the rest," Gupta said in a media release. "It's what puts our students at the cutting edge of knowledge, so they have access to the latest discoveries and revelations."

Gupta also said that boosting research excellence is essential to improving teaching and learning, as well as building engagement throughout B.C. and the world, while fostering a vibrant international learning community, and promoting innovation.

Great institutions

"Excellence in research is what distinguishes great institutions from the rest."
University of British Columbia president Arvind Gupta

During his speech, Gupta was quick to credit past UBC presidents for leading the school into the top 25 public institutions in the world. The plan now, he said, is to make the jump into the top 10. He said UBC must continue to empower students with enhanced resources for success, including bursaries and scholarships, graduate support and state-of-the-art research facilities, auxiliary services such as on-campus housing, improved physical and mental health facilities, and venues for sports and outlets for culture.

"Dr. Arvind Gupta's remarkable record of leadership in research and development makes him an inspired choice to lead UBC as its president and vice-chancellor, and I know he will greatly expand upon the university's impact as a world-leading engine of innovation," said Vancouver Mayor Gregor Robertson. "The city of Vancouver has a strong and long-standing partnership with UBC, both as our region's largest university and as an immense contributor to cutting-edge growth in Vancouver's economy."

DANIEL HENDRIKSEN

LEARN ONLINE
Guided online learning, instructor-led, in a highly supported environment

Psychiatric Nursing (online): This 23 month program is recognized by the College of Registered Psychiatric Nurses of BC (CRPNBC). Entry-level earnings start at $30.79/hour to $40.42/hour. Stenberg College grads will receive advanced standing and can complete a Bachelor of Psychiatric Nursing (BPN) at Kwantlen Polytechnic University in 4 semesters.

Therapeutic Recreation – Gerontology (online): Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for seniors. Earn up to $23.50/hour.

Education Assistant / Special Education Assistant (online): Become an Education Assistant in just 9 months! Average starting wage in school districts ranges from $20 - $26/hour. You will receive training and certification from the Provincial Outreach Program for Autism and Related Disorders.

You may be eligible for government student loans, grants and bursaries.

604-580-2772 STENBERG COLLEGE www.stenbergcollege.com

Over 92% of our grads are employed in their field of study within 6 months of graduation.

BRITISH COLUMBIA EQA
PCTIA ACCREDITED

The provincial government has allocated $2.475 million in one-time funding, and another $932,000 in annual operating funds to allow for 13 additional first-year spaces for speech and language therapists at UBC. CONTRIBUTED

More seats available

UBC. School expects increase in speech pathology students

DANIEL HENDRIKSEN
For Metro

Thanks to funding from the province of B.C., the University of British Columbia (UBC) can now offer more seats in its masters of science in speech-language pathology.

The government has allocated $2.475 million in one-time funding, and another $932,000 in annual operating funds to allow for 13 additional first-year spaces for speech and language therapists at UBC. By 2016, the program will have grown by 56 per cent.

One in 10 people in British Columbia have a speech or language disorder. The additional spaces in the UBC program will allow for more qualified speech-language therapists in northern and rural B.C., where there is currently a shortage. Gavin Stuart, UBC vice-provost health and dean of the faculty of medicine, spoke in a media release about what this funding announcement means for those in B.C. who suffer from speech disorders.

"This funding addresses the province's urgent need for professionals with the skills and experience to diagnose communications disorders, provide treatment, and collaborate with educators, health-care providers, social workers, families and caregivers. UBC is eager to expand its capacity to respond to this very pressing public need."

Students complete the speech-language pathology program in 21 to 36 months, depending on their undergraduate preparation and their choice of graduating requirements.

Langara coach to be honoured by soccer hall

A quarter-century of hard work and devotion has earned a Langara College soccer coach a prestigious honour. Marc Rizzardo will soon be presented with the Brian Budd award from the Canada Soccer Hall of Fame.

The honour is reserved for those who have shown outstanding achievement, dedication, and leadership in developing soccer in Canada. Rizzardo, the Langara Falcons coach, is very deserving of the award, having led the school's men's team for the past 25 years. In fact, his colleagues at Langara believe he is the perfect candidate for the honour.

Rizzardo has put together a resumé that includes an impressive 143-57-38 record heading into the upcoming 2014-15 season. He has led the Falcons to four national championships and seven provincial titles, is three-time recipient of the Canadian Collegiate Athletic Association's coach of the year, and has been named PACWEST coach of the year five times.

Rizzardo is also a physiotherapist and has served on the Canadian medical staff for the 2008, 2010, and 2012 Olympic Games.

BCIT. Events planned for 50th anniversary

Colleges and universities across the province are back in full swing, and the British Columbia Institute of Technology (BCIT) is no different. But this year is a special one for the Burnaby-based school, as it celebrates its 50th anniversary.

Former premier WAC Bennett officially opened the doors to BCIT on Oct. 5, 1964. Initial enrolment numbers totalled 498 students, and since that inaugural year, BCIT has grown to five campuses across Metro Vancouver and enrollment has jumped to 17,453 full-time students and 29,224 part-time students. BCIT has also seen more than 125,000 alumni pass through its hallways.

To celebrate its 50th anniversary, the institution has numerous events planned throughout the school year. The festivities kick off exactly 50 years to the day with the BCIT Fab 50 celebration on Oct. 4 from noon to 4 p.m. at the Burnaby campus. The event will be retro (1964) themed as current students, staff, and alumni are invited reminisce and look at vintage photos, equipment, machinery, and memorabilia. There will also be guided tours, entertainment, food, and fun activities for kids.

On Oct. 6, BCIT will be hosting a sold-out fundraising gala in the Vancouver Convention Centre west ballroom. The evening will support the BCIT 50th Anniversary Legacy Fund for Students in Financial Need; funds raised will be used assist students to continue their studies. BCIT alumni, students, faculty and community members who have made contributions in their communities will also be honoured. CTV news anchors and BCIT alumni Mike Killeen and Tamara Taggart are hosting the event.

DANIEL HENDRIKSEN

Donations

- Even though the gala is sold out, donations are still being accepted; in fact, contributions of $50 or more will receive a 100 per cent matchup to $100,000. To donate or for more information, visit bcit.ca/gala.

TEACH IN KOREA
with the support of the Korean government
Get a transformative cultural experience through TaLK!

Work Description: Teach conversational English in after-school classes Monday - Friday (15 instructional hrs/wk)

Benefits:
Accommodation
Medical insurance coverage
One-month orientation
Settlement allowance
Co-scholar
Monthly stipend (KRW 1.5 million)
Scholarship completion certificate
Vacation leave
Entrance and exit allowances (KRW 1.3 million)

Please visit website for more information:
www.talk.go.kr

Contact information:
Consulate General of the Republic of Korea
(604) 681-9581
vanedu@mofa.go.kr

Apply Now!
www.talk.go.kr

EARN THE ONLY MASTER'S OF COMPUTER SECURITY IN VANCOUVER, CANADA

• Program offered by a renowned IT institution • Degree can be completed in less than 2 years
• International students eligible for off campus and post-graduation work permits • English course available for low IELTS and TOEFL score

For details, visit: nyit.edu/canada or call 888-809-0418
email: vancouverinfo@nyit.edu • NYIT, 701 W. Georgia St.17th floor, Vancouver

NYIT
NEW YORK INSTITUTE OF TECHNOLOGY
WE'RE OUT THERE. JOIN US.

KPU partners with Avitan Business

DANIEL HENDRIKSEN
For Metro

A new six-course series aimed at enabling contractors to gain the necessary management and financial skills to effectively grow their companies is now available at Kwantlen Polytechnic University (KPU).

The contractor's academy program is a result of a partnership between KPU and Avitan Business Resources. Offered at KPU's Cloverdale campus, the academy offers applied, applicable and unparalleled business courses. Students will learn business and banking essentials, charge out rates, contracts, estimating principles, change orders and sales, all tailored to trades.

"Contractors are doers, problem-solvers, people quick to recognize opportunity and accept a challenge," Wayne Tebb, dean of the KPU School of Business, said in a media release. "But their success tends to create challenges for which contractors have little preparation. The contractor's academy allows contractors to advance their business and management skills so that they can more effectively grow their business."

The contractor's academy is offered through KPU's continuing and professional studies department. Each course in the program is designed for self-employed contractors to boost their business.

For information on KPU's Avitan series of business training for contractors, visit kpu.ca/cps/business. To lean more about Avitan Business Resources, visit avitan.ca.

Kwantlen Polytechnic University's Cloverdale campus. CONTRIBUTED

Langara. Nursing program launched

Langara College introduced a post-degree diploma (PDD) in nursing practice in Canada this fall. The first cohort started the program Sept. 2.

The program is designed for internationally educated nurses (IEN). All the students so far are from India, but according to Janine Lennox, department chair, Langara school of nursing, the plan is to have students from other countries enrolled as early as next year.

"The response has been phenomenal," Lennox said in a media release. "From 60 applications, 41 students are enrolled in this first cohort. The interest and reception from our partners in India was incredible. There is clearly a need for this type of program, and we anticipate a similar response when we expand into other countries in 2015."

Expansion planned

"There is clearly a need for this type of program, and we anticipate a similar response when we expand into other countries in 2015."

Janine Lennox, department chair, Langara school of nursing

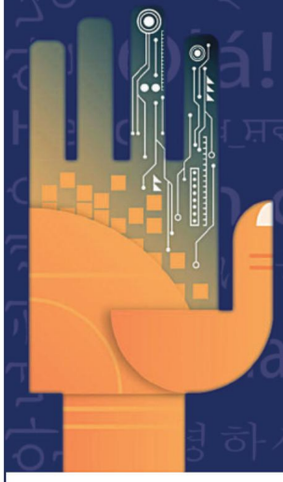
The idea for the post-degree nursing practice in Canada was built on a one-year post-degree certificate, but has grown into the current two-year post-degree diploma program.

"We first developed the post-graduate certificate in nursing leadership and management program, which was marketed in India and received tremendous response," said Pat Woods, assistant chair, international, Langara school of nursing. "These students are looking to enhance their nursing knowledge, skills, and familiarity with best international nursing practices."

DANIEL HENDRIKSEN

STUDY AND GO ABROAD® FAIRS
STUDY • TRAVEL • WORK • VOLUNTEER
SATURDAY
SEPTEMBER
27
VANCOUVER CONVENTION CENTRE

EXPO 1 pm - 5 pm | SEMINARS start at 12 noon
www.studyandgoabroad.com

BECOME A
Web & Mobile App Developer

1 year study + 6 month paid co-op diploma
Free iPhone 6! *
• Study and work in an IT company
• Start Date: January 5 / May 4 / August 31, 2015
launching promotion 20% off
CORNERSTONE
International Community College of Canada
604-687-5414 • info@ciccc.ca

OPEN DOORS OF OPPORTUNITY

ENROL AT TRINITY WESTERN UNIVERSITY

Did you know adult learners are the fastest growing population in higher education today? Trinity Western University understands this and is on the cutting edge, offering learners of all ages relevant, convenient and do-able approaches to university. Clearly, this is an institution that thinks outside the box.

"We recognize that expectations are rising and knowledge is in high demand," says executive director Linda Long. "We're responding with accessible and convenient university programs, which are flexible and relevant.

"The adult degree completion (ADC) program offered one night a week in Richmond, Langley, or offered online, allows busy adults to complete their degree in as little as two years — without quitting their job," says Sandy Cameron, Richmond ADC recruiter. "With a focus on workplace-relevant coursework and assignments, the program provides the opportunity to interact, network and learn from experienced faculty and other adults in an environment rich in exchange of ideas."

See how you, too, can finish your degree and open up your own new doors of opportunity. Visit trinitywestern.com or call 604-513-2067 to learn about classes in Richmond, Langley or online.

CONTRIBUTED

CONTRIBUTED

QS World Grad School Tour stopping in Vancouver

This Thursday at Convention Centre East

The QS World Grad School Tour comes to Vancouver on Thursday. The largest global series of graduate information fairs serves students interested in, or actively pursuing global education.

Graduate studies abroad give students myriad benefits; from international experience, to shorter program lengths, to tuition fees often lower than Canadian fees.

QS World Grad School Tour brings together experts in higher education, admissions directors, advice panels and scholarships for Thursday's event. Leading Canadian institutions will take part alongside global peers, equipping students with tools needed in an internationally competitive environment.

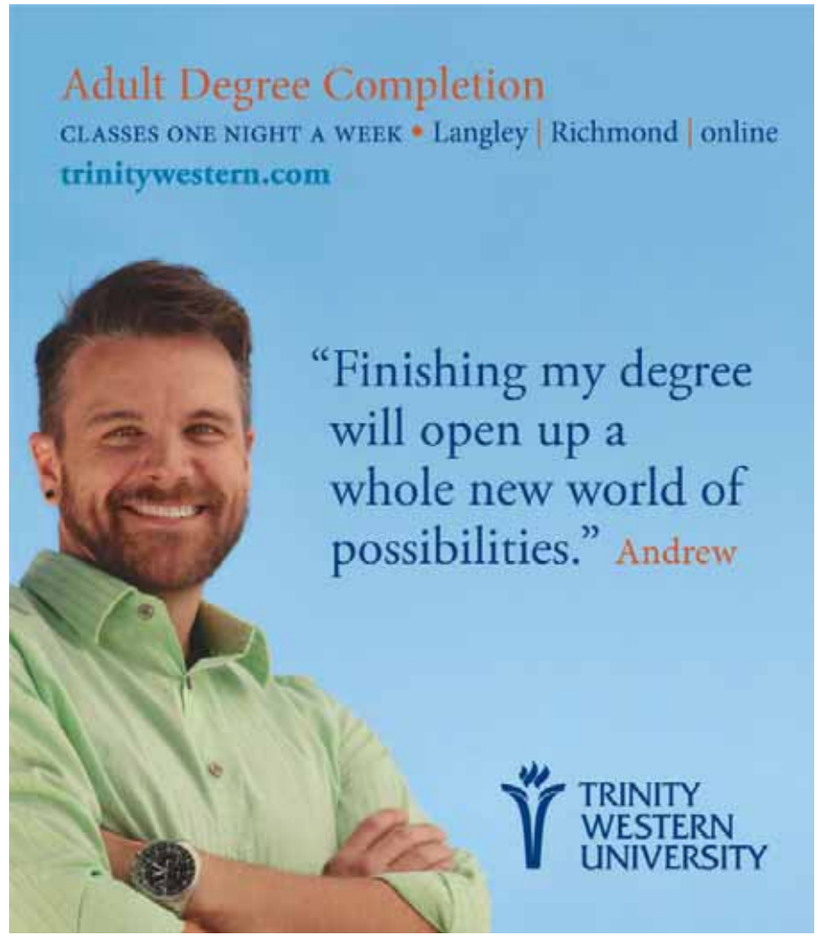
Fair attendees are exclusively eligible to apply for $1.7 million US of scholarships from QS and partner institutions. Additionally, all attendees are eligible to win one free month of online Magoosh GRE test preparation, while the first 100 attendees will receive a free copy of the QS Top Grad School Guide.

While sign up is available on the day ($15), early registration at TopUniversities.com/MetroVANEdu ($5) is encouraged.

There is a special offer for Metro readers. If you pre-register online and quote "Metro promo" at the door, you will receive free entry.

The QS World Grad School Tour will be held at Convention Centre East from 3:30-8 p.m.

QS WORLD GRAD SCHOOL TOUR
INTERNATIONAL MASTERS & PHD FAIR
September 25th
Vancouver - 3:30pm - 8:00 pm
Convention Centre East, BC V6C 3C1
Why attend?
› Speak directly with admissions directors from top-ranked institutions
› Attend seminars that can help strengthen your application
› Apply for US $1.7 million worth of scholarships (For fair attendees only)
For Free Entry Register Online at:
TopUniversities.com/Metro_Vancouver
and quote 'Metro promo' at the door
WIN!
1 month's FREE online GRE Test Prep from Magoosh*
*prize draw taking place at the event
Attending universities and b-schools: UCLA, King's College London, Ivey Business School, Queen's School of Business, University of San Francisco, HEC Paris, EDHEC, IE Business School and many more local and international grad schools!
Magoosh


Adult Degree Completion
CLASSES ONE NIGHT A WEEK • Langley | Richmond | online
trinitywestern.com
"Finishing my degree will open up a whole new world of possibilities." Andrew
TRINITY WESTERN UNIVERSITY

Health-care career offers opportunity

CDI College provides a convenient gateway

CONTRIBUTED

While an aging population is threatening to present any number of social and economic challenges across B.C., it's also creating a wealth of opportunity for at least one segment of the workforce — health-care professionals.

WorkBC projects an annual average growth rate of 2.4 per cent in health-care careers, making it the strongest occupational category in B.C.

"Health-care assistants and practical nurses are going to be in particular demand in the coming years — in fact, they already are," says Larry Heinzlmeir, vice-president of CDI College, which has been training health-care professionals for more than 40 years.

CDI College's 75-week practical nursing and 28-week health-care assistant programs provide a convenient gateway to some of B.C.'s most in-demand careers.

"WorkBC describes growth and job stability as excellent for both practical nurses and health-care assistants," Heinzlmeir says. "These are incredibly rewarding careers that are already in dire need of skilled workers. By 2020, it's estimated there will only be one qualified worker for every two new openings."

With hands-on training and the experience of an on-the-job practicum placement, CDI College graduates are highly attractive to B.C.'s health-care employers, be they health authorities, private clinics or other facilities. The college also offers its students a dedicated career services department to help them land that crucial first job upon graduation.

"Health care is the one area that virtually every study, report and agency identifies as a top priority," Heinzlmeir says. "We've streamlined our programs and scheduled multiple start dates throughout the year so that our students can train for these careers as quickly as possible."

CDI College has 26 campuses across Canada, including six in the Lower Mainland.

For more information, visit cdicollege.ca or call 1-877-404-4353.

CDI college
Essential to any medical team, practical nurses and healthcare assistants are the fundamental factors to consistent and efficient patient care. Our Healthcare graduates are adaptable, resourceful, and resilient with a well-rounded foundation in health promotion and culturally sensitive patient care. Earn your Practical Nursing diploma in less than 2 years or a Healthcare Assistant diploma in just 30 weeks.
• Faculty-led preceptorship program
• Experience in multicultural patient care
• Medical and patient-centered education
FOR MORE DETAILS:
CALL: 1.800.360.7186
VISIT: van.cdicollege.ca
PRACTICAL NURSING AND HEALTH CARE ASSISTANT PROGRAMS
facebook.com/CDICollege
twitter.com/CDICollege
youtube.com/CDICareerCollege

A PROGRAM THAT SUITS YOUR STYLE

LONDON SCHOOL OF HAIRDRESSING

A modern take on a traditional career is what students can count on with the old school barbering program at London School of Hairdressing.

"Barbering is one of the trendiest professions currently, but, unlike many trends, barbering is a career that will continue paying," says Michael Jennings, assistant administrator, London School of Hairdressing. "Some could argue, in fact, that cutting hair is the only entirely reliable trade as hair will never stop growing and people will always want to look good."

London School is the first and foremost barbering school in Vancouver.

Jennings says barbershops create a special social connectivity with their clients.

"Men come to have a break from their routine, socialize and meet like-minded people," Jennings says. "This is a social club rather than an ordinary hairdresser's salon."

TRAINING IN OTHER AREAS

If barbering isn't exactly what someone is interested in, London School offers world-class training in hairdressing, aesthetics, nail technology and make-up.

Connecting with London School of Hairdressing School is as easy as picking up your smartphone. Follow London School on Twitter (@300WestPender), on Instagram (@londonschoolvancity), or on Facebook at London School of Hairdressing and Aesthetics.

MICHAEL JENNINGS PHOTOGRAPHY

The modern barber is about being passionate for what you do and building community.

He says what's so attractive about barbering is that it has a rich history and traditions that are being embraced with a modern touch.

London School is offering training in this field so individuals will have the ability to work a job where they get to build their own clientele, and oftentimes work their own hours.

"This program is designed for everyone," Jennings says. "Barbering is for the type of person who is self accountable, social and cares about style and trends."

Many graduates have gone on to own and co-own barbershops all over the world.

London School's passion for barbering is what has inspired it to organize events like the Battle of the Barbers and why it has started an evening barbering course.

"We heard the demand and we answered the call," Jennings says.

Classes can be taken either in the day, or evening and begin each month.

For more about this program or London School of Hairdressing, visit londonschool.ca.

Highly focused health-care training

No wait lists at Vancouver Career College

On university and college wait lists across the province, thousands of young people are waiting their turn to enter a B.C. registered nursing program, a wait that can span several frustrating years.

Opportunities in health care, however, are by no means limited to RNs, and many of these rewarding careers are attainable with as few as 28 weeks of qualified training with no wait list.

"A lot of the hype has been around registered nurses, but practical nurses are just as in demand and enjoy many of the same career benefits as RNs," says Dr. Bohdan Bilan, vice-president of Vancouver Career College. "At Vancouver Career College, you can train hands-on to become a practical nurse in just two years. There's no wait list and classes start throughout the year."

Another area of growing demand is health-care assisting careers, which include long-term care aides, residential health-care attendants, nursing aides and more. WorkBC describes growth prospects for these careers as "excellent," with a projected ratio of two new job openings for every job seeker.

"Health-care careers are showing the strongest growth in B.C.," Bilan says. "But while they're accessible and very much in demand, you need the right training."

"AT VANCOUVER CAREER COLLEGE, YOU CAN TRAIN HANDS-ON TO BECOME A PRACTICAL NURSE IN JUST TWO YEARS."

– Dr. Bohdan Bilan, vice-president of Vancouver Career College

Vancouver Career College's 28-week health-care assistant diploma program, like all of its programs, delivers highly focused career training paired with real, on-the-job work experience.

Graduates are extremely attractive to potential employers, largely because those employers help shape Vancouver Career College's curricula through consultation as academic advisers.

"We know our graduates have the skills employers are looking for, because it's those same employers who help create the programs," Bilan says. "As a result, our graduates tend to do quite well in the labour market."

For more information, visit vccollege.ca or call 1-877-658-3977.

CONTRIBUTED

Healthcare assistants and practical nurses are still one of the most highly demanded occupations in the country.
In just 75 weeks, Vancouver Career College's Practical Nursing program will help you learn the fundamentals and essentials, which will provide you with the necessary skills to assess, plan, implement, and evaluate the outcomes of holistic care.
• Hands-on training every term
• Kelowna and Burnaby campuses had 100% passing rate on Canadian Practical Nurse Registration Examination (CPNRE) in May 2013
• Program completion in less than 2 years
FIND OUT MORE
CALL: 1.800.993.4086
VISIT: van.vccollege.ca
VANCOUVER CAREER COLLEGE
facebook.com/VancouverCareerCollege
twitter.com/vccollege
youtube.com/vccollege

GROWING AND EVOLVING

SKIN AND BODY THERAPY PROGRAM AT VCC

The Vancouver Community College (VCC) skin and body therapy program is a completely renewed and innovative program offered in a brand new, state-of-the-art facility.

The program relaunched in 2013, evolving from a six-month foundation program to a nine-month more advanced program.

"We took almost three years to research and develop our new program, we looked at other countries and provinces and held many focus groups and advisory committees to ensure we have the very best skin and body therapy (esthetics program) we could offer," says Lucy Griffith, department head hair design and esthetics, Vancouver Community College. "At VCC Salon Spa, we have a fully functional public salon and spa, the students are able to complete all treatments on the public; this ensures they are confident when they leave college."

Students will learn both theory and practical aspects taught by industry professionals with a minimum of eight years of industry experience.

"This program is constantly growing and evolving," Griffith says.

Classes start January, May and September with 16 students per class.

For more information about this program, attend an info session on Wednesday (vcc.ca/infosession), or visit vcc.ca.

SHUTTERSTOCK

SHUTTERSTOCK

The skills you need to know about the health-care field

Study at Western Community College

The Western Community College health-care assistant program has been designed for anyone who is willing to learn the knowledge and skills about the health-care industry and wants to serve the people.

"Health-care assistants are an important part of the health-care industry," says Parminder Kaur, program adviser, Western Community College. "The main purpose of a health-care assistant (care aide) is to assist the clients with their daily activities and deliver appropriate care to the individuals with disabilities and other medical conditions while understanding the comfort, safety and well-being of clients."

The program is also designed for fresh graduates who want to enter into the health-care industry and would like to upgrade their studies to LPN and RN, as well as immigrants who were in the health-care field back home.

Students are given practicum training after they finish their theory classes to gain hands-on experience at different care facilities. The program is delivered on a full-time and part-time basis with the availability of evening classes as well.

Western Community College also offers training in business management, accounting and English language course.

For more information, please visit westerncommunitycollege.ca.

WESTERN COMMUNITY COLLEGE

Like to learn?
Consider a career as a
Health Care Assistant

FREE CLB & IELTS EXAM PREP CLASSES*

- Full time, Part time & Evening courses available
- Earn $18-$22 per hour
- Free ride arrangement from Abbotsford
- 745 hours including Clinical Practicum
- Assistance in job search
- 94% employment rate

Very low tuition fee of $3000 in easy Installments

PCTIA REGISTERED

FREE ENGLISH CLASSES
STANDARD FIRST AID/ CPR-HCP-AED
WHMIS
FOODSAFE LEVEL 1
INTERVIEW PREPARATION

Suite 203 & 205
8388 128 Street, Surrey
*SOME CONDITIONS APPLY
604-594-3500

$2500 DISCOUNT
ACCOUNTING & BUSINESS MANAGEMENT COURSES

get renewed
VCC Salon & Spa

Steps from Gastown and Stadium Skytrain station, VCC Salon & Spa provides the most sought-after treatments at a fraction of the cost of traditional salon and spas.

Book an appointment today!
Salon Services: 604.443.8332 | Spa Services: 604.443.8334
VCC Downtown campus, 250 W. Pender St.

vccsalonspa | @vccsalonspa | vccsalonspa | vccsalonspa

vcc.ca/salonspa

SPORTS 4

Vrbata: 'Chemistry, it's a weird thing'

Canucks. Former Coyote hopes to find it with Sedin twins

CAM TUCKER
cam.tucker@metronews.ca

There's only so much you can communicate.

At some point, the talk and complementary individual skill either forms a kind of telepathic bond that can make a three-man unit create magic on the ice, or it doesn't.

Take Radim Vrbata and the Sedin twins, Daniel and Henrik, for example.

The 33-year-old Vrbata signed a two-year, $10-million contract with the Vancouver Canucks this summer, having been told there was the chance to play the right wing on a line with the Sedins.

It was only back in 2011-12 that the right-shooting Vrbata, then with the Phoenix Coyotes, now known as the Arizona Coyotes, scored 35 goals.

On paper, he looks like a nice fit with the Sedins, who have been known for their creative genius and 100-plus point production in the past.

The Sedins' innate ability to cycle the puck, roll and spin off their checks, use of deception and slick passing ability has helped other players, such as Alex Burrows, achieve greater scoring and point production in the past.

Through four days of training camp in Whistler, the Sedins and Vrbata have remained intact as a line.

New Canucks right-winger Radim Vrbata could stand to score many goals playing alongside playmakers Henrik and Daniel Sedin. GETTY IMAGES FILE

They got in some power-play work Sunday, and will skate as the top line for Tuesday's exhibition game between the Canucks and San Jose Sharks in Vancouver.

The Canucks and Sharks are playing split-squad exhibition games Tuesday, with Vancouver's second team headed to Stockton, Calif.

"I don't think you can push chemistry," said Vrbata on Monday.

"It might take a couple of games. It might take one game. But chemistry, it's a weird thing. If you're going to pressure it, you're not going to get there. You just have to let it be and see what happens.

"I think whatever line, you try to communicate with everybody. The chemistry is that you don't need to talk too much. You just know."

To return Tuesday

Ryan Stanton expected back

Canucks defenceman Ryan Stanton didn't skate Monday. He left Sunday's scrimmage after taking a hard hit from forward Darren Archibald.

Head coach Willie Desjardins said the 25-year-old Stanton could've finished the scrimmage and skated Monday. He is expected to skate Tuesday.

"There's no reason to rush it right now," said Desjardins.

The coach was asked if Stanton went through concussion protocol following the hit.

"There was never the term 'concussion' used with him," said Desjardins.

MLB

Jays off to winning start in final week

J.A. Happ pitched seven innings, Danny Valencia drove in three runs with a triple and Jose Bautista, Kevin Pillar and Anthony Gose homered as the Toronto Blue Jays defeated the Seattle Mariners 14-4 on Monday.

Happ (10-11) became the fifth Blue Jays starter to reach double figures in wins this season, as the left-hander allowed eight hits, including a home run by Kyle Seager, and two runs.

It is the first time the Jays (79-77) have had five starters win at least 10 games in one season. It is the third time they have had five pitchers with at least 10 wins, including relievers. THE CANADIAN PRESS

NFL

Bears hang on for win over Jets

Jay Cutler threw two touchdown passes to Martellus Bennett, and the Chicago Bears took advantage of some early mistakes by the New York Jets before holding on for a 27-19 victory Monday night.

Ryan Mundy returned an interception 45 yards for a touchdown on the Jets' second play from scrimmage. After the Bears (2-1) recovered a fumbled punt a few minutes later, Bennett scored from seven yards to take a 14-0 lead 5:06 into the game.

Cutler finished 23 of 38 for 225 yards and Alshon Jeffery caught eight passes for 105 yards for the Bears. THE ASSOCIATED PRESS

ENTER AND YOU COULD WIN* FREE FUEL
FOR BACK TO SCHOOL
AT INSTALOANS.CA/FREEF
AND VISIT US IN-BRANCH FOR YOUR CHANCE TO
WIN YOUR LAST FILL-UP
*NO PURCHASE NECESSARY. Transaction not required to participate in the Contest. Contest ends 9/30/14.
For complete contest rules ask at any branch or visit www.instaloans.ca. BC Licence #: 50040 Alberta Licence #: 333012

AUGMENTED REALITY

metro AR

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If a romantic relationship is becoming a bit of a habit, the Sun in Libra will help you recover some of the sparkle that has been lost.

♉ Taurus
April 21 - May 21
You can make things easier for yourself by being a little less intense in both your attitude and your actions. Don't be tempted to burn the candle at both ends.

♊ Gemini
May 22 - June 21
According to the planets you are overreacting to a quite minor event. The good news is you will soon get over it. Make having fun your mission.

♋ Cancer
June 22 - July 23
Life could be a bit of a battlefield today especially when people whose way of doing things you despise insist that you follow their example. Your principles may not allow you to do that.

♌ Leo
July 24 - Aug. 23
If you have done something you are proud of then by all means shout about it and let everyone know. Your true friends will be delighted for you.

♍ Virgo
Aug. 24 - Sept. 23
Don't act hastily where a business matter is concerned or you could be paying for it well into the future.

♎ Libra
Sept. 24 - Oct. 23
You are determined to put right what you feel has gone wrong with your life and with the Sun moving into your birth sign today you can sense that the time to act has arrived.

♏ Scorpio
Oct. 24 - Nov. 22
The difficulties you are encountering are not designed to weaken you but to toughen you up for the challenges that lie ahead.

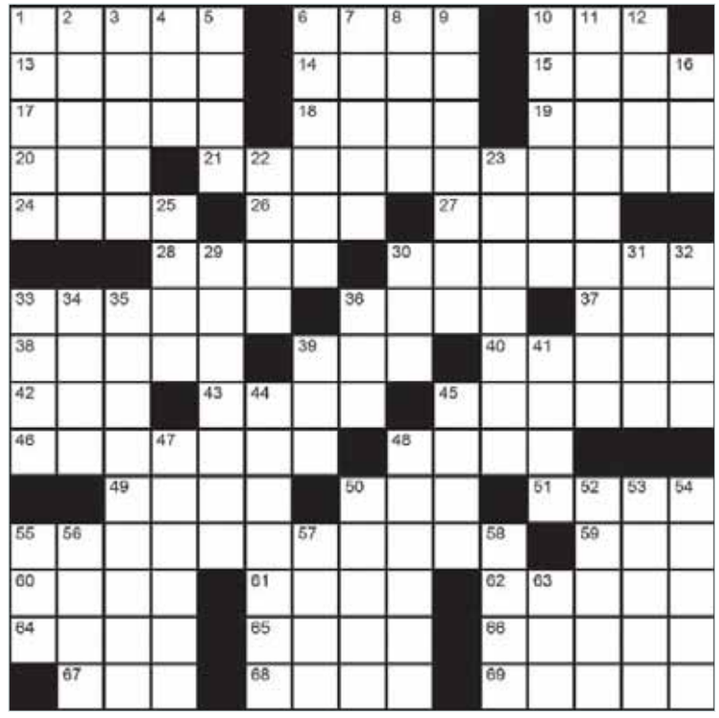
♐ Sagittarius
Nov. 23 - Dec. 21
How much of what you believe is based on fact and how much is based on wishful thinking? Don't be afraid to junk old ideas.

♑ Capricorn
Dec. 22 - Jan. 20
Some of the people you meet today will want to hear what you think about what's going on in the world — so tell them. Nothing gets changed by silence — and they did ask!

♒ Aquarius
Jan. 21 - Feb. 19
You have sacrificed a great deal in recent weeks. Now you are wondering if you are going to get something back in return. Don't worry, you will.

♓ Pisces
Feb. 20 - March 20
You are sure to tread on some toes and get criticized for it. No matter. Better to be clumsy and get noticed than to make all the right moves and fail to make an impression.

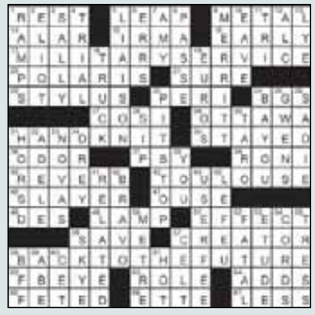
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. City in Iggy Azalea's "Fancy"
6. Life or death matter [abbr.]
10. Initials-sharers of Elvis' wife
13. __ and dined
14. Luke Spencer's daughter on "General Hospital"
15. Farm animals
17. Gladden
18. Biblical land where Moses was buried
19. Louisiana, for one, in French
20. Gun the engine
21. "Assimilate" industrial rockers from Vancouver: 2 wds.
24. Briefly get ready
26. These: French
27. Decorate again
28. Not completely closed
30. York __ National Historic Site of Canada, in Halifax
33. Orthodontics: Pre-pulling teeth thingy
36. Mr. Bridges
37. Kanga's sidekick
38. Ballroom dance
39. "Beverly Hillbillies" patriarch
40. "Curb Your Enthusiasm" star Mr. David
42. Religious robe
43. Airport scr. postings
45. Inattentive
46. Museum in Calgary
48. Dusty __ (Pink colour)
49. Someone remorseful
50. Pine-__ (Cleaning product)
51. Comfy house area
55. 1990 blockbuster on Michael Ironside's resume in which Arnold Schwarzenegger starred: 2 wds.
59. Greyish-brown
60. Mr. Rickman
61. Studied-for thing
62. Repent
64. Multivitamin
65. Egypt's river
66. Gravy cousin
67. Compass point
68. Celebrity
69. __-Tracy, Quebec

Down
1. Jerk
2. Cargo-of-crude carrier
3. Jack-in-the-deck
4. So far
5. Verses of veneration
6. More like Freddy's tree
7. Unstable leptons
8. Panache
9. Dorothy's slippers colour: 2 wds.
10. Phony
11. Scented mix of petals-and-spice
12. Exchange
16. Farm enclosure
22. Barenaked Ladies: "If I Had $1,000,000" vehicle
23. Vends
25. Treaty
29. 1938 Bette Davis/Henry Fonda classic
30. Curtains holder
31. Round Table knight
32. Yo-Yos
33. Loot
34. Melancholy
35. People from Edmonton's province
36. Mr. Lawrence, et al.
39. __-dropping (Surprising)
41. Preachy positive!
44. Charlottetown-born actor, Jonathan __
45. "__ with It" by Oasis
47. Subtlety
48. Wanderer
50. La __ (Milan opera house)
52. Scent
53. "An __ of prevention is worth..."
54. Prepare to pray
55. Li'l cartoon 'Devil'
56. "Rolie Polie __"
57. Leave
58. Laddie's love
63. Universal principle

Yesterday's Crossword



Online
See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5				9		7	2
6	4			2	8			3
				4		8		
	1				6	3	8	
		5	3		7	2		
	3	8	9				6	
		6		9				
1			2	7			3	8
5	7		8				2	9

Yesterday's Sudoku

3	8	4	5	6	7	1	9	2
6	2	1	4	9	8	5	3	7
9	7	5	2	3	1	6	4	8
1	3	2	8	7	5	9	6	4
4	6	7	3	2	9	8	1	5
5	9	8	1	4	6	2	7	3
2	1	9	7	8	3	4	5	6
7	4	6	9	5	2	3	8	1
8	5	3	6	1	4	7	2	9

Personal Loans For People, Not Profit.
As Low As 3.90%*
*Some conditions apply. See branch for full details. Rate and approval subject to assessment.
Community Savings the unions' credit union
Call Today. 1-888-963-2000
www.comsavings.com

PUBLIC INVESTOR NOTICE

30K Condos and Homes in the U.S.

Exclusive to Canadian Residents!

Now Canadians can buy

U.S. REAL ESTATE at 70% OFF!

"I've been wanting to invest in the U.S. but haven't been able to find a way and most of all, help to do it. This system works! I made $132k profit on my first deal! Can't wait to do more!"
— Shauna W. Mississauga

132K+ PROFIT First Deal!

You don't need any cash, credit or experience to take advantage of this wonderful opportunity. You just need the desire to own your own U.S real estate **AND LET THE RENTAL INCOME ROLL IN! Attend this FREE 2 hour seminar** and find out how you can own up to 10 investment properties in the U.S. for pennies on the dollar. Why not put $30,000 in your pocket each month and own that perfect vacation property in the U.S. for your family.

At this FREE 2 hour seminar you'll get access to **U.S. PROPERTY** at huge discounts, learn how to finance an income producing property to create instant and long term cash flow.

House in Orlando, FL
Sold for $170,000 in 2006
NOW ONLY $59,900

House in Greeneville, NC
Sold for $93,250 in 2006
NOW ONLY $36,500

House in Newark, NJ
Sold for $200,000 in 2003
NOW ONLY $58,000

House in Mobile, AL
Sold for $185,500 in 2007
NOW ONLY $84,500

House in St. Louis, MO
Sold for $45,400 in 2008
NOW ONLY $15,290

House in Detroit, MI
Sold for $38,000 in 2006
NOW ONLY $6,499

Buy Properties in Las Vegas, Florida, California, Arizona!

ATTEND THIS FREE SEMINAR and learn how to create instant cash flow

Wednesday, September 24th, 2014
12 p.m. and 7 p.m.
Delta Bernaby Hotel
4331 Dominion Street, Burnaby
BC V5G 1C7, Canada

Thursday, September 25th, 2014
12 p.m. and 7 p.m.
Four Seasons Hotel
791 W Georgia St, Vancouver
BC V6C 2T4, Canada

Register NOW by calling 800-831-0764

Presented by at Will Events

© 2014 At Will Events. All Rights Reserved. No properties will be offered at seminar.
Seminar is for education purposes only.